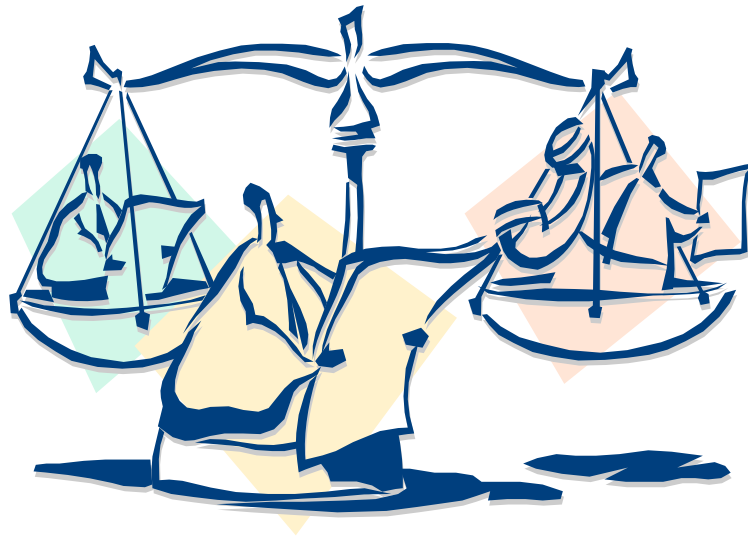


**ENHANCED FOOD BASED  
MENU PLANNING (EFBMP)  
AND  
TRADITIONAL FOOD BASED  
MENU PLANNING (TFBMP)  
METHODS**



## CHAPTER 15

### ENHANCED FOOD BASED MENU PLANNING (EFBMP) AND TRADITIONAL FOOD BASED MENU PLANNING (TFBMP) METHODS

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## **ENHANCED FOOD BASED & TRADITIONAL (FOOD BASED) MENU PLANNING SYSTEMS**

This chapter discusses the food components and meal patterns related to Enhanced Food Based and Traditional meal patterns. The current Grain/Bread requirements are also in this unit.

Enhanced Food Based is a menu planning system that is similar to the Traditional Menu Planning System except for the following variations:

Lunch – The amounts for the meat/meat alternate component, vegetables/fruits component, and grains/bread component. Check charts in this chapter for exact amounts.

Age/grade groupings also vary between EFBMP and TFBMP.

### **Food Components Required for Breakfast and Lunch**

The following components make up the food items in the meal pattern. The term “component” is used for Food Based Menu Planning Systems, but is not used in NSMP. Serving sizes are specified and there are minimum quantities, which count to meet a food component.

#### **Breakfast Components**

- Meat/Meat Alternate
- Juice/Fruit/Vegetable
- Grains/Breads
- Milk

#### **Lunch Components**

- Meat/Meat Alternate
- Vegetables/Fruits
- Grains/Breads
- Milk

The Traditional school lunch menu pattern had the following problems:

- Some menus under the Traditional menu pattern were low in calories.
- The Traditional meal pattern may not meet the Nutrient Standards. Amounts of nutrients such as iron and fiber may be low.

The new Enhanced Food Based Menu Plan was designed to correct these deficiencies by increasing calories with the additional servings of grains/breads. The extra servings of fruits and vegetables provide increased levels of vitamins, minerals, and fiber. After a first serving of grains/breads, grain-based desserts can be used to satisfy one serving of grains/breads per day.

If Enhanced Food Based Menus or Traditional Food Based Menus are chosen, the sponsor is not required to analyze the menus. Therefore, it would not be necessary to purchase a computer or software, because the State Agency will analyze the menus when a review is conducted. But a program may perform an analysis of its Food Based menus, if desired.

In any event, when the menus are analyzed by the State Agency, if the Nutrient Standards are not met, the menus must be changed and brought into compliance with the Nutrient Standards.

**Caution:** Neither the menu planner nor the SMI reviewer can **customize** grade groups or nutrient standards when using the Food Based or Traditional Menu Planning approach.

### **Offer versus Serve (OVS) under Enhanced Food Based and Traditional Menus**

**Offer versus Serve is required at the high school level but is optional for the junior high and elementary school level.** However, many foodservice managers feel that students who are **required** to take all meal items do not always eat them. Therefore, OVS may decrease students' meal waste because students are more likely to eat all of the food items they choose themselves. Students are allowed to take **smaller portions** of **declined** item(s); however, a reimbursable meal must contain the full serving size of the counted food items.

For more information, refer to the 2005 Offer versus Serve manual from USDA Team Nutrition or USDA allows you to download the information you require at [http://www.fns.usda.gov/tn/resources/offer\\_v\\_serve.html](http://www.fns.usda.gov/tn/resources/offer_v_serve.html) . May need to begin with <http://www.fns.usda.gov> then add the remaining portion of the address.

## Guidelines for OVS under Enhanced Food Based and Traditional Menus

<b>OVS <u>Breakfast</u> Program</b>	<b>OVS <u>Lunch</u> Program</b>
<ul style="list-style-type: none"> <li>All four food items must be offered.</li> <li>Serving sizes must equal the planned serving size.</li> <li>Students have the option of which item to decline.</li> <li>Students may decline one item.</li> </ul>	<ul style="list-style-type: none"> <li>All five food items must be offered.</li> <li>Serving sizes must equal the planned serving size.</li> <li>Students have the option of which item(s) to decline.</li> <li>Students may decline one or two items.</li> <li>Students taking at least one bread serving are considered to have taken the bread component.</li> </ul>

## Enhanced Food Based – Breakfast

Minimum Quantities				
Meal Component	Required			Option
	Ages 1-2	Preschool	Grades K-12	Grades 7-12
<b>Milk (Fluid)</b> (As a beverage, on cereal, or both)	½ cup	¾ cup	8 fl. Oz.	8 fl. Oz.
<b>Juice/Fruit/Vegetable</b> Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup	½ cup
<b>Select <u>one</u> serving from each of the following components or <u>two</u> from one component:</b>				
<b>Grains/Breads</b> One of the following or an equivalent combination:  Whole grain or enriched bread Whole grain or enriched biscuit/roll, muffin, etc Whole grain, enriched or fortified cereal	½ slice  ½ serving  ¼ cup or ⅓ oz.	½ slice  ½ serving  ⅓ cup or ½ oz.	1 slice  1 serving  ¾ cup or 1 oz.	1 slice  1 serving  ¾ cup or 1 oz. Plus an additional serving of one of the grains/breads above
<b>Meat or Meat Alternates:</b>  Meat/poultry or fish Cheese Egg (large) Peanut butter or other nut or seed butters Cooked dry beans and peas Yogurt Nut and/or seeds (as listed in program guidance) <sup>1</sup>	½ oz.  ½ oz.  ½ large  1 Tablespoon  2 Tablespoon  ¼ cup  ½ oz.	½ oz.  ½ oz.  ½ large  1 Tablespoon  2 Tablespoon  ¼ cup  ½ oz.	1 oz.  1 oz.  ½ large  2 Tablespoon  4 Tablespoon  ½ cup  1 oz.	1 oz.  1 oz.  ½ large  2 Tablespoon  4 Tablespoon  ½ cup  1 oz.

<sup>1</sup> No more than 1 oz of nuts and/or seeds may be served in any one meal.

## Enhanced Food Based – Lunch

Minimum Quantities					
Meal Component	Required				Option
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3
<b>Milk (as a beverage)</b>	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Meat or Meat Alternate</b> (quantity of the edible portion as served)					
Lean meat, poultry, or fish	1 oz.	1 ½ oz.	2 oz.	2 oz.	1 ½ oz.
Cheese	1 oz.	1 ½ oz.	2 oz.	2 oz.	1 ½ oz.
Egg (large)	½ large	¾ large	1 large	1 large	¾ large
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup	⅜ cup
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.
Yogurt	½ cup	¾ cup	1 cup	1 cup	¾ cup or 6 oz.
<b>The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:</b> Peanuts, soynuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate (1 oz. of nuts/seeds = 1 oz. of cooked lean meat, poultry, or fish)	½ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 oz. = 50%	¾ oz. = 50%
<b>Vegetables/Fruits</b> (2 or more servings of vegetables or fruits or both)	½ cup	½ cup	¾ cup plus extra ½ cup over a week <sup>1</sup>	1 cup	¾ cup
<b>Grains/Breads</b> Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week <sup>1</sup>  Minimum of ½ per day <sup>2</sup>	8 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	12 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	15 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>	10 servings per week <sup>1</sup>  Minimum of 1 per day <sup>2</sup>

<sup>1</sup> For the purpose of this chart, a week equals 5 days.

<sup>2</sup> Up to one grains/breads serving per day may be a grain-based dessert.

## Traditional – Breakfast

Meal Pattern			
Minimum Quantities			
Meal Component	Ages 1-2	Preschool	Grades K 12
<b>Milk (Fluid)</b> (As a beverage, on cereal or both)	4 fl. oz. or ½ cup	6 fl. oz. or ¾ cup	8 fl. oz. or 1 cup
<b>Fruit/Vegetable/Juice</b> Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	¼ cup	½ cup	½ cup
<b>Select <u>one</u> serving from each of the following components or <u>two</u> servings from one component:</b>			
<b>Grains/Breads</b> One of the following or an equivalent combination:			
Whole grain or enriched bread	½ slice	½ slice	1 slice
Whole grain or enriched biscuit, roll, muffin, etc.	½ serving	½ serving	1 serving
Whole grain, enriched or fortified cereal	¼ cup or ⅓ oz.	⅓ cup or ½ oz.	¾ cup or 1 oz.
<b>Meat or Meat Alternates:</b>			
Meat, poultry or fish	½ oz.	½ oz.	1 oz.
Cheese	½ oz.	½ oz.	1 oz.
Egg (large)	½ large	½ large	½ large
Peanut butter or other nut or seed butters	1 Tbs.	1 Tbs.	2 Tbs.
Cooked dry beans and peas	2 Tbs.	2 Tbs.	4 Tbs.
Yogurt	2 oz. or ¼ cup	2 oz. or ¼ cup	4 oz. or ½ cup
Nut and/or seeds (as listed in program guidance) <sup>1</sup>	½ oz.	½ oz.	1 oz.

<sup>1</sup>. No more than 1 oz of nuts and/or seeds may be served in any one meal.

## Traditional – Lunch

Meal Pattern					
Minimum Quantities					
Meal Component	Preschool		Grades K-3	Grades 4-12	Recommended Quantities Grades 7-12
	Ages 1-2	Ages 3-4			
<b>Milk (as a beverage)</b>	6 fl. oz.	6 fl. oz.	8 fl. oz.	8 fl. oz.	8 fl. oz.
<b>Meat/Meat Alternate</b> (quantity of the edible portion as served)					
Lean meat, poultry or fish	1 oz.	1 ½ oz.	1 ½ oz.	2 oz.	3 oz.
Cheese	1 oz.	1 ½ oz.	1 ½ oz.	2 oz.	3 oz.
Egg (large)	½ large	¾ large	¾ large	1 large	1 ½ large
Cooked dry beans or peas	¼ cup	⅜ cup	⅜ cup	½ cup	¾ cup
Peanut butter or other nut or seed butter	2 Tbs.	3 Tbs.	3 Tbs.	4 Tbs.	6 Tbs.
Yogurt	4 oz. or ½ cup	6 oz. or ¾ cup	6 oz. or ¾ cup	8 oz. or 1 cup	12 oz. or 1 ½ cup
<b>The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:</b>					
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternative (1 oz. of nuts/seeds = 1 oz. of cooked lean meat, poultry or fish).	½ oz. = 50%	¾ oz. = 50%	¾ oz. = 50%	1 oz. = 50%	1 ½ oz. = 50%
<b>Vegetable/Fruits</b> 2 or more servings of vegetable or fruit or both	½ cup	½ cup	½ cup	¾ cup	¾ cup
<b>Grains/Breads</b> Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or ½ cup of cooked rice, macaroni, noodles, other pasta products or cereal grains.	5 svgs per week <sup>1</sup> Minimum of ½ per day	8 svgs per week <sup>1</sup> Minimum of 1 per day	8 svgs per week <sup>1</sup> Minimum of 1 per day	8 svgs per week <sup>1</sup> Minimum of 1 per day	10 svgs per week <sup>1</sup> Minimum of 1 per day

<sup>1</sup> For the purposes of this chart, a week equals five days.

## GRAINS/BREADS REQUIREMENTS

The next three pages explain the grains/breads requirements for Traditional and Enhanced Food Based meal patterns. The minimum portion sizes for the grains/breads food items commonly used in the Child Nutrition Programs is included in the attached chart.

The following are important points to remember:

- Products containing bran or germ (i.e., bran muffins) are credited the same as items made from enriched or whole-grain meal or flour.
- Food items listed in Groups A-G (see attachment) must contain no less than 14.75 grams of enriched or whole-grain meal or flour, or bran and/or germ per serving. For food items listed in Groups H and I, the weights and volumes listed must be used.
- One-quarter (1/4) of a serving is the smallest amount allowable for credit of grains/breads.
- Snack products made from enriched or whole-grain meal or flour, or bran and/or germ may be credited.
- Under the Food Based meal pattern, up to one (1) grains/breads serving per day may be a dessert if made with enriched or whole-grain meal or flour, or bran and/or germ. (Please note that USDA will address crediting of dessert products under the Traditional meal pattern in the future.)

These requirements are for the Traditional and Enhanced Food Based meal patterns only.

See *Food Buying Guide* for information on calculating recipes for grain/bread portion size and for USDA quantity recipes revised portion sizes.

**GRAINS/BREADS MINIMUM PORTION SIZES  
FOR TRADITIONAL AND FOOD BASED MEAL PATTERNS<sup>1</sup>**

<b>GROUP A</b>	<b>MINIMUM SERVING SIZE FOR GROUP A</b>
<ul style="list-style-type: none"> <li>• Bread type coating</li> <li>• Bread sticks (hard)</li> <li>• Chow mein noodles</li> <li>• Crackers (saltines and snack crackers)</li> <li>• Croutons</li> <li>• Pretzels (hard)</li> <li>• Stuffing (dry) Note: weights apply to bread in stuffing.</li> </ul>	<p>1 serving = 20 gm or 0.7 oz.</p> <p><math>\frac{3}{4}</math> serving = 15 gm or 0.5 oz.</p> <p><math>\frac{1}{2}</math> serving = 10 gm or 0.4 oz.</p> <p><math>\frac{1}{4}</math> serving = 5 gm or 0.2 oz.</p>
<b>GROUP B</b>	<b>MINIMUM SERVING SIZE FOR GROUP B</b>
<ul style="list-style-type: none"> <li>• Bagel</li> <li>• Batter type coating</li> <li>• Biscuits</li> <li>• Breads (white, wheat, whole wheat, French, Italian)</li> <li>• Buns (hamburger and hot dog)</li> <li>• Crackers (graham crackers – all shapes, animal crackers)</li> <li>• Egg roll skins</li> <li>• English muffins</li> <li>• Pita bread (white, wheat, whole wheat)</li> <li>• Pizza crust</li> <li>• Pretzels (soft)</li> <li>• Rolls (white, wheat, whole wheat, potato)</li> <li>• Tortillas (wheat or corn)</li> <li>• Tortilla chips (wheat or corn)</li> <li>• Taco shells</li> </ul>	<p>1 serving = 25 gm or 0.9 oz.</p> <p><math>\frac{3}{4}</math> serving = 19 gm or 0.7 oz.</p> <p><math>\frac{1}{2}</math> serving = 13 gm or 0.5 oz.</p> <p><math>\frac{1}{4}</math> serving = 6 gm or 0.2 oz.</p>
<b>GROUP C</b>	<b>MINIMUM SERVING SIZE FOR GROUP C</b>
<ul style="list-style-type: none"> <li>• Cookies<sup>2</sup> (plain)</li> <li>• Cornbread</li> <li>• Corn muffins</li> <li>• Croissants</li> <li>• Pancakes</li> <li>• Pie crust (dessert pies<sup>2</sup>, fruit turnovers<sup>3</sup>, and meat/meat alternate pies)</li> <li>• Waffles</li> </ul>	<p>1 serving = 31 gm or 1.1 oz.</p> <p><math>\frac{3}{4}</math> serving = 23 gm or 0.8 oz.</p> <p><math>\frac{1}{2}</math> serving = 16 gm or 0.6 oz.</p> <p><math>\frac{1}{4}</math> serving = 8 gm or 0.3 oz.</p>

<sup>1</sup> Some of the following foods, or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

<sup>2</sup> Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) under NSLP, SFSP and CACFP.

<sup>3</sup> Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and Supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfast served under the SBP, SFSP and CACFP.

<b>GROUP D</b>	<b>MINIMUM SERVING SIZE FOR GROUP D</b>
<ul style="list-style-type: none"> <li>Doughnuts<sup>3</sup> (cake and yeast raised, unfrosted)</li> <li>Granola bars<sup>3</sup> (plain)</li> <li>Muffins (all, except corn)</li> <li>Sweet Rolls<sup>3</sup> (unfrosted)</li> <li>Toaster pastry<sup>3</sup> (unfrosted)</li> </ul>	1 serving = 50 gm or 1.8 oz.  $\frac{3}{4}$ serving = 38 gm or 1.3 oz. $\frac{1}{2}$ serving = 25 gm or 0.9 oz. $\frac{1}{4}$ serving = 13 gm or 0.5 oz.
<b>GROUP E</b>	<b>MINIMUM SERVING SIZE FOR GROUP E</b>
<ul style="list-style-type: none"> <li>Cookies<sup>2</sup> (with nuts, raisins, chocolate pieces and/or fruit purees)</li> <li>Doughnuts<sup>3</sup> (cake and yeast raised, frosted, or glazed)</li> <li>French toast</li> <li>Grain fruit bars<sup>3</sup></li> <li>Granola bars<sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit)</li> <li>Sweet Rolls<sup>3</sup> (frosted)</li> <li>Toaster pastry<sup>3</sup> (frosted)</li> </ul>	1 serving = 63 gm or 2.2 oz.  $\frac{3}{4}$ serving = 47 gm or 1.7 oz.  $\frac{1}{2}$ serving = 31 gm or 1.1 oz. $\frac{1}{4}$ serving = 16 gm or 0.6 oz.
<b>GROUP F</b>	<b>MINIMUM SERVING SIZE FOR GROUP F</b>
<ul style="list-style-type: none"> <li>Cake<sup>2</sup></li> <li>Coffee cake<sup>3</sup></li> </ul>	1 serving = 75 gm or 2.7 oz. $\frac{3}{4}$ serving = 56 gm or 2 oz.  $\frac{1}{2}$ serving = 38 gm or 1.302 oz. $\frac{1}{4}$ serving = 19 gm or 0.702 oz.
<b>GROUP G</b>	<b>MINIMUM SERVING SIZE FOR GROUP G</b>
<ul style="list-style-type: none"> <li>Brownies<sup>2</sup> (plain)</li> <li>Cake<sup>2</sup> (all varieties, frosted)</li> </ul>	1 serving = 115 gm or 4 oz. $\frac{3}{4}$ serving = 86 gm or 3 oz.  $\frac{1}{2}$ serving = 58 gm or 2 oz. $\frac{1}{4}$ serving = 29 gm or 1 oz.
<b>GROUP H</b>	<b>MINIMUM SERVING SIZE FOR GROUP H</b>
<ul style="list-style-type: none"> <li>Barley</li> <li>Breakfast cereals (cooked)<sup>4</sup></li> <li>Bulgur or cracked wheat</li> <li>Macaroni (all shapes)</li> <li>Noodles (all varieties)</li> <li>Pasta (all shapes)</li> <li>Ravioli (noodle only)</li> <li>Rice (enriched white or brown)</li> </ul>	1 serving = $\frac{1}{2}$ cup cooked (or 25 gm dry)
<b>GROUP I</b>	<b>MINIMUM SERVING SIZE FOR GROUP I</b>
<ul style="list-style-type: none"> <li>Ready to eat breakfast cereal (cold dry)<sup>4</sup></li> </ul>	1 serving = $\frac{3}{4}$ cup or 1 oz., whichever is less

<sup>3</sup>. Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and Supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfast served under the SBP, SFSP and CACFP.

<sup>4</sup> Refer to program regulations for the appropriate serving size for supplements served to children ages 1 through 5 in the NSLP; breakfast served under the SBP and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

## **TRADITIONAL AND ENHANCED FOOD BASED MEAL PATTERN ADDITIONAL REQUIREMENTS**

### **Meat or Meat Alternate**

Meat or meat alternates are usually served in the main dish. If there is not adequate protein in the main dish, then the protein total can be a combination of the main dish and one other menu item.

Textured vegetable protein products and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement.

No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

### **Vegetable and/or Fruit**

No more than one-half ( $\frac{1}{2}$ ) of the total requirement may be met with full-strength fruit or vegetable juice.

Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal.

### **Juice and Juice Drinks**

The following juice products may be used towards meeting the vegetable/fruit component of the school lunch or school breakfast meal pattern:

- **Full-Strength Fruit or Vegetable Juice**

This is an undiluted juice obtained by extraction from fresh fruit or vegetable. It may be fresh, canned, frozen or reconstituted from a concentrate and may be served in either a liquid or a frozen state.

The name of the full-strength fruit or vegetable juice as it appears on the label must include the word (s) "juice" or "full-strength juice" or "single strength juice" or "100 percent juice" or "reconstituted juice" or "juice from concentrate."

- **Juice Drink**

This product contains full-strength juice along with added water and possibly other ingredients such as sweeteners, spices or flavorings. A juice drink may be canned, frozen or reconstituted from a frozen concentrate, or a "juice base." A juice drink may be used towards meeting the vegetable/fruit component of the meal pattern when the following conditions are met:

- ❑ Product must contain a minimum of 50 percent full-strength juice.

- ❑ Only the full-strength juice portion of the juice drink may be counted towards meeting the vegetable/fruit component.
- ❑ The label ingredient statement must list “juice”, “full-strength juice”, “reconstituted juice”, “juice from concentrate”, “juice concentrate” or “100% juice base.”

- Juice Concentrate

When a juice concentrate or a juice drink concentrate is used in its reconstituted form, it is considered a full-strength juice or a juice drink, as appropriate, and is credited accordingly.

When planning menus which use juices or juice drinks, it is important to keep the level of liquids in the meal at a reasonable portion. To accomplish this goal, a full-strength juice may be served rather than a juice drink. For example, ½ cup full-strength juice versus 1 cup of juice drink.

## Grains/Breads

**Traditional Only:** At least ½ serving of grains/breads or an equivalent quantity of grains/breads alternate for Group 1, and 1 serving for Groups II-V, must be served daily.

**Enhanced Food Based Only:** At least one serving of grains/breads must be served daily. No more than one grains/breads serving per day may be a dessert.

Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads but not as both in the same meal.

## Milk

Sponsors must offer students a variety of milk. There must be a variety of milk fat content offered.

The regulations do not specify a frequency.

## **NONCREDITABLE FOODS IN NATIONAL SCHOOL LUNCH PROGRAM**

Noncreditable foods may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count toward the meal requirements in Traditional and Enhanced Food Based Meal Patterns.

### **Meat/Meat Alternate Groups**

- Bacon
- Cream Cheese
- Tofu
- Canned Meat Soups (Example: Chicken Noodle, Chicken Rice)
- Packaged Macaroni/Cheese/Spaghetti Products
- Imitation Cheese
- Noncommercial and/or Nonstandardized Yogurt Products (Example: Frozen Yogurt, Homemade Yogurt, Yogurt Flavored Products, Yogurt Bars, Yogurt covered Fruit and/or Nuts and similar products)

### **Fruit/Vegetable Group**

- Jams, Jelly Preserves
- Plain Gelatin Desserts
- Nectars (Example: Peach, Pear, Apricot)
- Ades (Lemonade, Limeade, Orangeade)
- Fruit Drinks (Example: Pineapple/Grapefruit Drink/HI-C)
- Cranberry Juice, Cranapple Juice Cocktail, Cranapple Juice
- Coconut
- Tomato Catsup
- Hominy
- Mustard
- Pickle Relish
- Chili Sauce
- Dry Vegetables for Seasoning
- Cream of Celery Soup
- Cream of Mushroom Soup
- Potato Chips, Corn Chips
- Potato Sticks
- Fruit Roll-Ups, Fruit Leathers

### **Grains/Breads Alternate Group**

- Dessert such as pie crust, cakes, cookies  
(creditable only under Enhanced Food Based Meal Pattern)

### **Milk Group**

- Ice Cream, Ice Milk or Sherbet
- Yogurt
- Butter
- Soy Milk